

Title: Herbal Medicine
7/10/23

Bismillahirrahman
irrahbeem

1. I've taken a break from taking too much herbal medicine
2. My sleep patterns have improved including my regular, healthy bowel movements
3. I am now Heretically studying herbal medicine as well as allopathic medicine, especially with what governs mental health and psychosomatic illnesses, and the different systems of the body that malfunction due to